

April 2015

Your conscious life

green living

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DINNER WITH WOLVES BENEFIT

RECONNECTING
WITH NATURE

ECO-COMMUNITIES
IN ARIZONA

ALSO INSIDE:

Teen Conservation Leaders
Benefits of Energy Medicine
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**GREEN HOME
SPECIAL SECTION**

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departments

April 2015

Live Green

- Rachel Carson: Early Advocate for Earth Day 5
- Eleven Tips to Reduce Chemical Exposure 6
- Q&A With The "Kid Against Chemo" Team 8
- The Healing Benefits of Energy Medicine 12
- Unplug and Reconnect With Nature 14



6

17 SPECIAL ADVERTISING SECTION
Green Home



24

Work Green

- 20 Eco-Communities in Arizona
- 22 Beacons of Hope in 2015
- 24 Waste Not Diverts Food from Landfills
- 27 Green in the News/Business Events



30

Play Green

- 26 Avondale Tree Planting Initiative
- 28 Dinner with Wolves Benefit
- 30 Teen Conservation Leadership Corps
- 31 Recipes
- 32 Earth Day Events
- 35 Green Scenes
- 38 He's Green, She's Green
- 40 Cool & Outrageous Stuff

ON THE COVER



This gorgeous Mexican gray wolf arrived at Southwest Wildlife Conservation Center in 2013 with her sister. She was "house-named" Cinderella because her sister was paired with a mate while she remains single, but the staff at Southwest Wildlife hopes she too will one day find her prince. She will turn 4 years old this year.
Photo by Robin Silver.

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April 2015

Editor's Note



In this day and age, it's hard to imagine that there was once a time when recycling and reducing water usage or carrying reusable bags were considered absurd. These habits are becoming so normalized that they're no longer seen as an inconvenient or senseless practice. The same goes for buying organic and local foods, which was once reserved for only wealthy or highly food-conscious people. It's so refreshing to see supermarkets stocking shelves with healthier options and specialty health food and product stores becoming more mainstream. It reminds me that we're all after the same goal of being better to the planet and to ourselves. With that in mind, we bring you our Earth Day issue.

In this issue, *Green Living* magazine brings you stories on how to unplug and reconnect with nature; the benefits of energy medicine; eco-communities in Arizona; and a woman whose passion for the truth contributed to the very first Earth Day. Also featured is a story on Waste Not, a local nonprofit company that saves thousands of pounds of perishable food which would otherwise be thrown away from restaurants and other establishments and delivers it same-day to people in need. Read about the Avondale tree planting initiative; 11 tips to reduce chemical exposure at home; and the Arizona-Sonora Desert Museum's Teen Conservation Leadership Corps. Additionally, we've included a followup Q&A with Jared Bucey, better known as the "Kid Against Chemo" and our cover story from the February issue. We received a lot of positive feedback from Jared's inspirational story, but it also sparked some further questions from our readers. We hope to answer all your burning questions and more with the help of Jared's mother Lisa, his naturopathic doctor Shaida Sina, and cancer experts Ty and Charlene Bollinger.

Illustration by Victoria Collins, v-collins.deviantart.com

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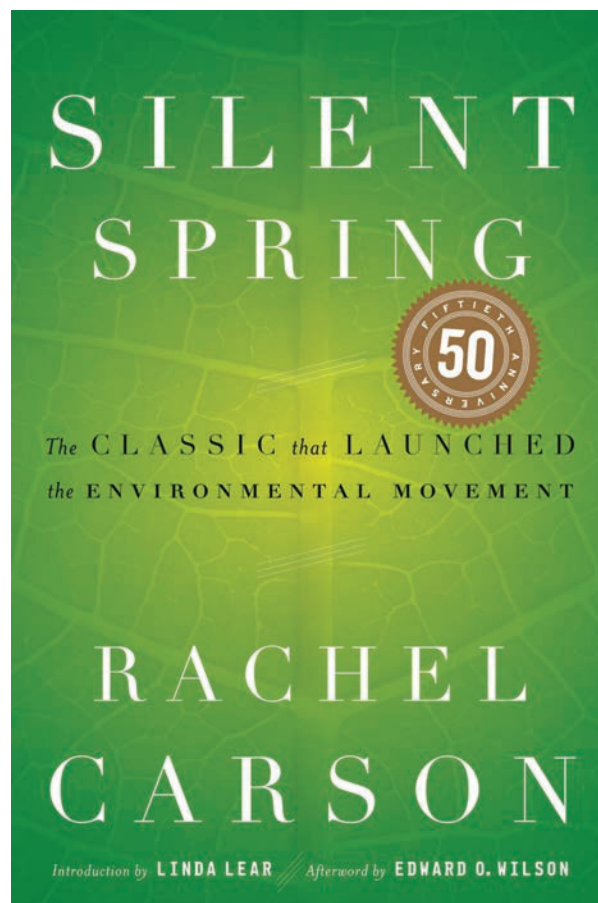
We recently conducted our first readership survey to determine the photo on this month's cover – the winner was the beautiful Mexican gray wolf. If you participated, thank you! Don't miss the story about the Dinner with Wolves benefit on page 28.

Get outside this month and enjoy the multitude of Earth Day events happening in the Valley and beyond. Check out the list of Earth Day activities we've compiled, in addition to our regular Green Scenes.

Earth Day is about showing support for the protection of our environment. The steps you take, big or small, really do make a difference. We hope this issue can be a source of inspiration to those looking for a way to make a positive change – and eventually a habit – that will ensure the good health of our incredible planet.

Amanda Harvey
Associate Editor






RACHEL CARSON EARLY ADVOCATE FOR EARTH DAY

BY DIANN PEART

The first Earth Day was celebrated in 1970, eight years after the publication of Rachel Carson's book "Silent Spring" connected the use of the pesticide DDT to the degradation of the environment and humankind. Prior to the book's 1962 publication, the now-infamous DuPont slogan "Better Living Through Chemistry" was hailed as the path to conquering insect pests in agriculture and insect-borne diseases. Petrochemicals were presumed to be bringing us a better and safer life.

Carson was a biologist with no academic affiliation, no institutional voice, and no PhD. She was an outsider. But she was also a great observer, connecting the industrial waste flowing into the Chesapeake Bay to the destruction of oyster beds. Working for the U.S. Fish and Wildlife Service, her literary skills were sharpened as she edited reports from scientists working in the field. She wrote in a voice that the public could understand. Her first book, "The Sea Around Us," established her as one of the foremost scientific writers in America. By 1957, Carson realized that the widespread use of chemicals was harmful to the entire planet and she wrote to a friend, "There would be no peace for me if I kept silent."

Following the publication of "Silent Spring," Carson testified before a congressional committee and stated that the most basic "right of the citizen is to be secure in his own home against the intrusion of poisons applied by other persons." She questioned the morality of a government allowing its citizens and the environment to be exposed to toxic chemicals before long-term consequences were known. "They should not be called 'insecticides' but 'biocides,'" she wrote.

The chemical industry spent a considerable amount of time and money attempting to discredit her work and her character. President Kennedy called for state and federal investigations into the validity of her findings. "Silent Spring" was an international bestseller, and for the first time the public paid serious attention to the fragility of the Earth's ecosystems. DDT was first banned in Hungary in 1968, in Norway and Sweden in 1970, and in the U.S. in 1972. Rachel Carson was the first person to call the public's attention to the loss of songbirds due to chemical pollution, and "Silent Spring" is as relevant today as it was in 1962. 

Diann Peart is an ecologist, entrepreneur and urban farmer. She founded Truce, a company that is committed to helping people get toxic chemicals out of the home.

View our list of 2015 Earth Day events on page 32. Read more environment articles at greenlivingaz.com/environment

11 TIPS TO REDUCE CHEMICAL EXPOSURE

BY EMILY DOAN

For many people, there's no safer place than home. But did you know that you and your family might be at risk of suffering minor to severe health effects stemming from the toxins in your very home? With so many household products loosely labeled as "safe" or "natural," it can be difficult to know which products are truly safe and which need to be reconsidered. However, by educating yourself you can make your home a more risk-free place and conduct a household detox using these simple yet informative tips.

- 1 Consider the toxins found in many products before making a purchase. Even your mattress can be filled with toxins and other substances that most people never realize. Look for natural mattresses and covers containing healthy ingredients like organic wool or organic cotton.



Avoid spraying dangerous chemicals around your home; instead, use organic pesticides or natural remedies to control household pests. You can also cut down on pests by removing attractants, planting insect-repelling foliage and setting up a bird feeder to attract feathered friends that prey on bugs.



Use household cleaners that are non-toxic, chemical-free and all natural. This is a safer alternative to chemical cleaners and you can make your own easily and inexpensively. Try using baking soda as a scouring agent or vinegar as a general cleaning solvent. (Just don't mix them!)



Buy houseplants such as aloe vera, bamboo palms, Boston ferns, date palms or English ivy to purify indoor air. All indoor plants can help to purify the air inside your house and some can even help remove harmful household toxins.



Eliminate odors naturally instead of using harmful chemical air fresheners. Start by maintaining a clean house. Use incense or a few drops of quality essential oils added to water and spray indoors for a pleasant and natural aroma.

6



Use soap nuts to create your own sustainable cleaning products. The hypoallergenic shells of soap nuts can be used to make liquid detergent for dishes and laundry, allpurpose cleaner or shampoo and body wash. (Photo courtesy of Lisa Brewster)



7

Cook and bake with environmentally safe pots and pans. Instead of using Teflon, which has been found to contain hazardous chemicals, switch to cast iron cookware, which will last just about forever.

8

Avoid purchasing plastic cutting boards. Many are made with a chemical called polypropylene, which isn't the safest option when working directly with food. The best antibacterial options for cutting boards are wood, glass and marble.



9

Purchase eco-friendly and safe personal care products. Many of the products we use every day have been found to contain dangerous ingredients. Buy alternative, natural brands of everything from toothpaste and shampoo to sunscreen – or make your own. Photo by cebraonline.com



10

Use low-VOC (volatile organic compounds) products to paint your house and seal or stain your wood. Products with a high level of VOCs can lead to issues of air quality and serious health concerns.



11

Choose sustainable food options. Buying local, organic and seasonal products will reduce the time and distance of importing while also benefitting the local economy.

Read more articles about energy at greenlivingaz.com/energy

CANCER Q&A WITH THE “KID AGAINST CHEMO” TEAM

BY ALISHA “BEE” FORRESTER SCOTT

Known as the Kid Against Chemo, a 17-year-old young man named Jared Bucey was featured as the February issue cover story. He is treading uncharted health and wellness waters, as he's the only child currently known to have survived both an infant heart transplant and teenage lymphoma. Cancer has been an ongoing epidemic over the last 100 years and is a terrifying word to many people. Now one in two men and one in three women are diagnosed with cancer according to the American Cancer Society.

The February article describing Jared's journey inspired many but also elicited questions about Jared's situation. To provide our readers with the best information possible and to continue the conversation, we posed those questions to Lisa Diacik, Dr. Shaida Sina, N.M.D., and Ty and Charlene Bollinger.



Dr. Shaida Sina, N.M.D., of northern Arizona, is Jared's attending medical doctor. Lisa and Jared first approached Dr. Sina in August 2014, shortly after Jared personally decided to discontinue his hospital chemotherapy program. Dr. Sina has practiced traditional medicine since 1985 and has an established hospital and clinical laboratory background. Dr. Sina says it was her clinical research and hospital laboratory medicine experience that helped her plot the path to Jared's recovery. She's been a Naturopathic Medical Doctor (N.M.D.) since 2001. She is a referral physician for the Life Extension Foundation, Wilson's Syndrome (Thyroid Dysfunction), and Suzanne Somers' books "Breakthrough" and "Sexy Forever." Dr. Sina can be reached at breakthrough-medicine.com.



Lisa Diacik is Jared's mother. Jared was diagnosed last July with Lymphoproliferative Disorder. At Jared's asking, Lisa is now her son's full-time health coach, guide, taxi-driver and emotional cheerleader. Lisa has her own passion for learning about why and how to heal the body naturally. She recently completed the David Wolfe Nutrition Certification training at BodyMind Institute. She also helped Jared self-publish his first book to help raise funds for his ongoing treatment costs. Find out more on the Kid Against Chemo page on Facebook.



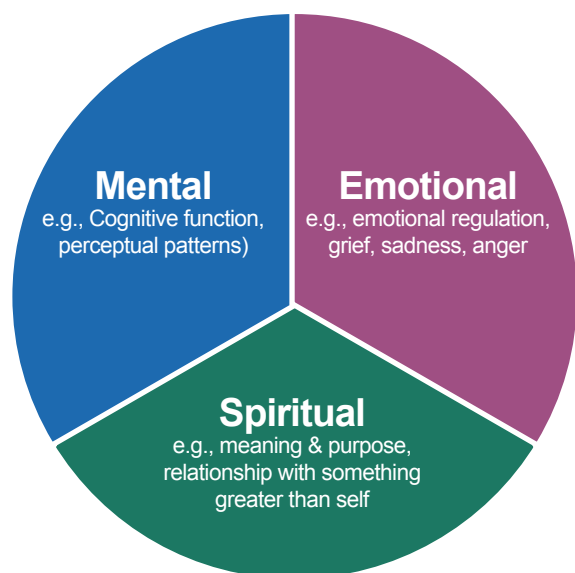
Ty and Charlene Bollinger are professional cancer educators. Ty authored the popular book "Cancer: Step Outside The Box." Ty and Charlene had to learn the hard way about cancer and sadly lost Ty's entire family to cancer between 1996 and 2004. After Jared left his hospital chemo treatment, he contacted the organization's Facebook page where he'd been researching natural cancer treatment options. To reach Ty and Charlene, you can visit the website cancertruth.net.



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Meet Our Team



Martha M. Grout

MD, MD(H), Founder

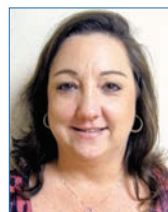
Martha Grout, MD, MD(H) leads a holistic medical practice in Scottsdale, Arizona. Dr. Grout has 25 years in emergency medicine, and for the last decade, she has been a homeopathic physician. Dr. Grout and her team are dedicated to the natural treatment and reversal of chronic disease.



Rekha Shah

MD, MD(H)

Rekha Shah, MD, MD(H) is board certified in Gastroenterology and Internal Medicine, as well as in Medical Acupuncture. She has been practicing medicine for over 30 years, with experience in allopathic medicine, acupuncture, homeopathy, and training in functional medicine.



Debi Murphy

PA-C

Debi Murphy, PA-C, supports the team at the Center and enables them to work more efficiently with patients. She tries to learn as much as she can about each unique patient's condition. She is especially interested in treating female hormone issues and patients afflicted with Lyme disease.



Brent R. Korn

D.O.

Brent R. Korn, D.O. is board certified in Internal Medicine and has been practicing medicine for 14 years, the last 5 of which have been devoted principally to the practice of integrative medicine. He is also an adherent and proponent of orthomolecular and "life extension" medicine.



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Q: IN YOUR OPINION, HOW IMPORTANT IS THE LINK BETWEEN SUGAR AND CANCER?

Dr. Sina: Eliminating sugar is recommended for any cancer patient. It was Jared's own choice to form this positive habit and to stick with it.

Ty & Charlene Bollinger: The 1930 Nobel Prize winner Otto Heinrich Warburg finely illustrated how cancer cells ferment sugar for energy. Trying to eliminate the source of your cancer's energy, by eliminating sugar, is a good thing to do. There are so many wonderful things that we can do to beat cancer, and cutting out sugar is one of the main things.

Q: WHY DID JARED LEAVE THE HOSPITAL CHEMOTHERAPY TREATMENT?

Dr. Sina: Jared has an unusual medical history, and he had to go through years and years of poking, prodding and testing because of his heart transplant at 5-months old. His body had received enough toxic chemical exposure over time to place his heart transplant at risk. When he experienced "near death" with chemo in the hospital, most likely it shifted something for him about his ideas of quality of life versus quantity of life.

Q: WHAT IS THE SUCCESS RATE WITH CHEMOTHERAPY FOR JARED'S LYMPHOPROLIFERATIVE DISORDER, WHICH WAS DIAGNOSED AS STAGE 4 HODGKIN'S LYMPHOMA?

Ty & Charlene Bollinger: The statistics for Jared's particular type of cancer – over a five-year span – is less than a 15 percent survival rate.

Lisa Diacik: What Jared wants people to know is there are alternative choices that are effective in treating a cancer diagnosis.

Dr. Sina: Jared has already outlived his hospital doctor's prognosis of having only six months left to live, even if he did chemo. Jared has proven that the entire system of conventional cancer care was wrong for him.

Q: IS NUTRITION IMPORTANT WHEN DEALING WITH A CANCER DIAGNOSIS?

Lisa Diacik: Any hospital nutritionist we were put in contact with promoted fast food and sugar and did not seem aware they were doing so. Eating real, unprocessed food is not the norm for most people. I encourage everyone to take out the packaged food from their cabinets and search online for the ingredients – you will be shocked. I also encourage them to get a garbage bag and throw that food out. That's what we did.

Ty & Charlene Bollinger: We think it is important for each person to learn about the effects of nutrition on their own bodies, so that they can ultimately make health decisions for themselves. In our experience, doctors from traditional medical schools don't receive enough education about the effects of nutrition on the body. For example, many vegetables have an anti-cancer effect. There is a list of over 50 veggies that have been tested and found to be anticarcinogens, such as broccoli, garlic and ginger.



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Q: HOW BIG OF A PART HAS NUTRITION PLAYED IN JARED'S RECOVERY?


Dr. Sina: Jared's whole life revolves around him doing his therapies, including a top-quality organic diet and supplements. This is part of the reason why his health turned around so quickly.

Lisa Diacik: Jared's choice to eat an abundance of vegetables has helped him not only get rid of cancer without toxic chemicals, but has also given him a better quality of life. His blood tests have never been better in his whole medical life! In addition to getting better as a result of his diet, Jared also does many detoxifying therapies throughout his day, like infrared sauna, rebounding trampoline and supplements. Good healthy food without chemicals has changed Jared's life.

Q: IN YOUR OPINION, ARE THERE ANY EFFECTIVE NATURAL TREATMENTS FOR CANCER?

Dr. Sina: I can see that this is a hard concept for many to wrap their heads around. Can you treat cancer without using medications and radiation? It is a huge controversy. Most people who receive a cancer diagnosis do not change their lives, simple as that. They are not disciplined and do not have a support group dedicated to living by the same health rules.

Lisa Diacik: The proof is in Jared's wellness. He has met many wonderful people who have cured their cancer naturally. But there is no one answer. There are many people who die from natural treatments, but there are also many who die from the effects of chemotherapy.

Ty & Charlene Bollinger: Chemotherapy works by attacking rapidly reproducing cells, which includes some types of cancer cells, but it also attacks your white blood cells, a major player in your immune system. A recent Boston Globe article indicated that those who undergo chemotherapy do not live any longer, but they did have more pain and died a worse death. There are many natural cures for cancer, and each year there are many thousands of patients being treated with natural options. 

Green Living magazine believes each individual is responsible for making their own decisions regarding their choice of healthcare. Each person and body is different and may react differently to treatments. Seek advice from your medical doctor before making any changes to current treatment.

Source: Chemotherapy tied to worse deaths, study finds, Boston Globe, bostonglobe.com/lifestyle/health-wellness/2014/03/06/study-chemotherapy-tied-worse-deaths-terminal-cancer-patients/lm0sHYiRtrfUvvjUllC2nI/story.html

Alisha "Bee" Forrester Scott is a fourth-generation native of Arizona, granddaughter to a man who died from cancer, and friend to all in search of personal healing and simple truth. Learn more about Alisha at alishabee.com and bodymindinstitute.com.

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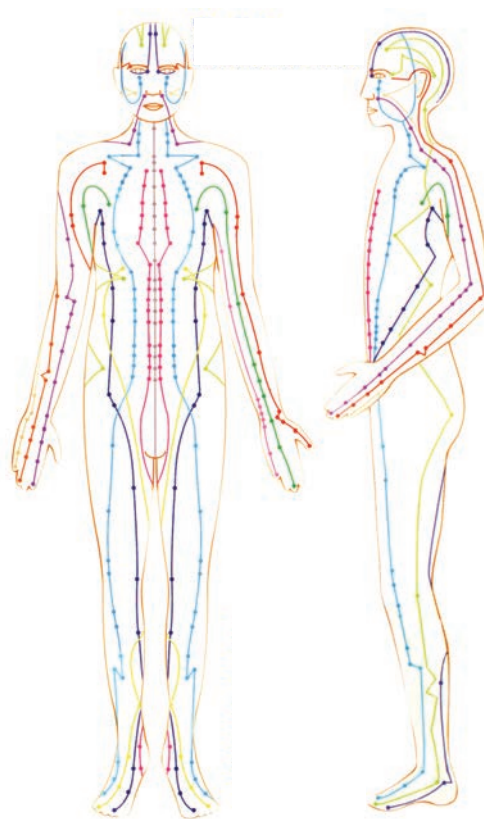
BY MARTHA M. GROUT

Bioenergetic medicine is a powerful approach to healing based on physics, not chemistry. If chemistry is about the body's components (oxygen, carbon, etc.), then physics is about how those components interact with each other and with their surroundings.

All living things are surrounded by fields of energy. Living things emit very low levels of visible light. Kirlian photography (used in "aura photography") is able to capture these emissions and transfer them to a photographic plate or other medium so that they can be seen by the naked eye. Other more familiar technologies also capture some of the body's energetic functions:

- Electrocardiograms (EKG) are an electronic representation of the activity of the heart.
- Electroencephalograms (EEG) are an electronic representation of the activity of the brain, the "brain waves."
- Ultrasound machines use high frequency sound energy to create images.

Our physical body is simply dense energy permeated with the more subtle energies that inform and surround it. Healing medical traditions have understood this premise for thousands of years. This energetic model for health underlies Traditional Chinese medicine (TCM) and Ayurvedic medicine, as well as



The major body meridians. Illustration courtesy of The Association for Meridian & Energy Therapies.

modalities more familiar in the Western world like botanical medicine and homeopathy.

In 1974, Dr. Fritz-Albert Popp proved the existence of a field of light and energy that surrounds the body. He demonstrated



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that normal living cells emit a regular stream of photons or quanta (tiny packets) of light. In his book “Biologie des Lichts” (Biology of Light), he showed how living cells pass on biological information via photons through the language of light.

Each of the trillions of cells in the human body undergoes more than 100,000 biochemical reactions per second, all of which are exquisitely timed and sequenced with each other. Our DNA contracts and expands several billion times per second, producing a photon of light with each contraction. These photons send and receive information at a speed faster than any computer mankind has devised. Light is an efficient carrier of biological information.


The meridians are avenues of electrical energy flowing through the body. In the 1950s, Dr. Reinhold Voll verified the existence of meridians and acupuncture points which had been used for thousands of years in Chinese medicine. Dr. Voll created an electronic testing device which passes a tiny electrical current through the human body to measure the amount of resistance encountered at the acupuncture points. He found that the acupuncture points exhibit a different resistance to current than nearby tissues.

For example, he found that patients with lung cancer had

abnormal readings on the acupuncture points found on the lung meridian. Dr. Voll made it his life's work to identify and document correlations between disease and changes in the electrical resistance of the various acupuncture points.

To heal with energy is to heal with the body's own essence. Rather than assaulting the body with chemicals to fight disease, we can encourage our body's ability to heal through the inherent natural inclination to set itself right – called homeostasis.

As technology has advanced, we have learned how to measure energetic dysfunctions and departures from the original template. We are now able to treat with substances that can restore the disharmony of the information systems which subtend the body's cellular function, right down to the level of the DNA.

“Each patient carries his own doctor inside him. They come to us not knowing that truth. We are at our best when we give the doctor who resides within each patient a chance to go to work.” – Albert Schweitzer. 

Dr. Martha Grout, MD, MD(H), is the founder and director of the Arizona Center for Advanced Medicine. arizonaadvancedmedicine.com.

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“A Diet Literally Saved My Life” – Brian

I was very ill and knew very little about naturopathic medicine, but I took a chance and went to SCNM Medical Center. I lost 40 pounds and within six months, I was off all of my medications and my stage three kidney disease dissappeared. Naturopathic medicine goes so much deeper and looks at how everything ties together.



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UNPLUG AND RECONNECT WITH NATURE



Photo by Jon Klas

BY LAINE SEATON

Isn't it ironic how often the things which are supposed to make our lives better and easier, end up adding more stress, complication and sometimes even harm? Take your cell phone, for instance. At first you're in love with the zillion-and-one things it can do for you. The ultimate convenience, you say to yourself. But then this seemingly innocent device starts to own you, sucking up excruciating amounts of attention, and you find yourself utterly compelled to check your email at 3 a.m. just because you can.

An article from iDigitalTimes reveals that U.S. smartphone users check their phones at least 100 times per day, and often more. Kyle McMahon of the Huffington Post writes, "We aren't experiencing life. We're losing moments with every tap. It's cheating, really. We may be physically present with our friends and loved ones but we're texting someone else." It's no wonder, then, why the word "unplug" has become a popular term for disconnecting from the 24/7 noise of our digital world. In fact, "unplug" was the fifth most popular New

Year's resolution on Twitter for 2015, right behind stopping smoking.

For many, the best prescription for this digital detox is to get out in nature. Just ask Cody Gilbreath, a freshman at Saguaro High School in Scottsdale who has volunteered with Audubon Arizona for the past five years. Gilbreath has worked on landscaping and tree planting projects and has helped coordinate several Audubon Arizona events.

"It's really fun being outdoors," Gilbreath says. "What's cool is that [at the Audubon Center], you're in nature but you're still in the city." Once an industrial dump site in South Phoenix, the area that is now home to the Nina Mason Pulliam Rio Salado Audubon Center is a lush, riparian habitat which attracts more than 200 species of birds and other wildlife. "Being out in nature is relaxing for me," Gilbreath continues. "It also helps with social skills, because I have to work together with other people on projects, and we really learn how to do things." Gilbreath says he thinks his generation is



Steve Dodd, long-time steward with the McDowell Sonoran Conservancy



Sophia, Sonia Perillo's daughter, at Jewel of the Creek Preserve

drawn to the outdoors for different reasons than those of his parents. “We have lots of technology [to entertain us], so we don’t [have to] go outside as much.” This generation is drawn to the outdoors for other reasons, like getting involved in conservation efforts, says Gilbreath.

Gilbreath is not alone in appreciating the value of the outdoors early on in life. Sonia Perillo’s respect for nature began as a child growing up in Fort Wayne, Indiana. Hiking with her family at state parks along with outdoor adventures at summer camps laid the foundation for her future career. “I think the seed was planted by my family and was just nurtured over time,” she says. Now the Executive Director of the Desert Foothills Land Trust in Carefree, Perillo is continuing the conservation work that has been her calling for more than 15 years.

“Being out in nature is one of the great perks of my job. It’s sort of a sanity-saver. Whenever I go out to one of our preserves, I’m reminded why I’m doing this.” Perillo says that this is especially true since having her daughter Sophia, now age nine. “I feel so strongly that it’s important to preserve these special places, and for her to see why.”

Perillo agrees that today’s technology overload makes it a challenge for people to slow down and smell the roses... literally. But she also sees an upside to it, where people can

learn about the plants and animals they see right in front of them via their smartphones and social media. “I think we are all fundamentally connected to the land. The way we do it might change, but we can’t escape our connection to it,” she says.

With such a large variety of city parks and trails, state parks and national monuments all around us, Arizonans are fortunate to have ample opportunity to connect with the land without going very far.

For those in North Scottsdale, their backyard is part of 30,000 acres which comprises the McDowell Sonoran



Photo by Jon Klas

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Sophia, exploring a creek

Preserve, home to 130 miles of trails and an incredible abundance of plants and wildlife.

This natural treasure is cared for by more than 600 volunteer stewards who lend their talents to promote and protect the Preserve through research, restoration work, educational tours and more. Steve Dodd is a long-time steward with the McDowell Sonoran Conservancy (MSC) who began volunteering in 2003. "I've always been an outdoor kind of guy, and I've always volunteered, so the stewardship program really enables me to fulfill both interests," says Dodd. He deeply appreciates the rich diversity found throughout the Preserve, and notes that visitors – and even locals – are surprised by what they see and learn. "They're always amazed at just how special this place is. It's lush and alive, and it's all right in our backyard."

Dr. Laurie Jones can easily relate to this. An avid hiker in the Preserve for 10

years, she became a volunteer steward with MSC last September, and loves that she can give back in a way that brings her so much enjoyment. "Hiking is my therapy. For me, it's relaxation, but it's also the physical challenge that I love. I talk all day long for my job, so to not burn out, I need quiet. Something about hearing the crunch below my feet while on a hike just recharges me. Being out there reminds me to be happy with what I have. It's my reset button."

People of all ages and lifestyles are reconnecting with nature in their own ways. What's yours? **RI**

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Laine Seaton, CFRE, is the Principal/Owner of Seaton Communications. Her 20-year professional background includes work in book and magazine publishing, along with marketing, communications, organizational development, strategic planning and fundraising for nonprofits. She lives in Phoenix with her husband Chris.

All photos courtesy of Desert Foothills Land Trust unless otherwise noted.

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KATHY MAGUIRE

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Kathy Maguire is a real estate agent who takes her career to heart. Passionate about environmental and sustainability issues, last year she obtained her GREEN and EcoBroker designations. Kathy specializes in the Phoenix, Paradise Valley and Scottsdale areas. She is a member of DPR Realty's President's Club, ranking #10 out of 1,200 agents in sales volume Q1/2014. kathymaguire.com

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As an EcoBroker and NAR GREEN agent, Jan provides the value-added service of advising clients about energy-efficient features, how to add these features to their homes, and gaining the most value for homes with sustainable and energy efficient features.

Recent projects have included: CE Courses for REALTORS®, hosting courses for appraisers, phase 3 of greening the Arizona Regional MLS, and panel discussions at REALTOR® Associations.

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ECO-COMMUNITIES: LIVING BETTER AT HOME

BY JENNIFER RAHN

For many, the idea of living in an eco-community conjures up the image of an overpriced house filled with sacrifice and inconvenience. However, many Arizona builders and communities are confirming that eco-housing does not have to break the bank and can include the luxuries of everyday life that most are used to. The point is to no longer succumb to energy-zapping indoor toxins, over-the-top utility bills in the summer, water waste along with hours of yard work, and the practice of living in solitary among a community of neighbors. The following are examples of some eco-community neighborhoods in Arizona that are living better and more in harmony with the desert.

STONE CURVES COA

Beyond the norms of the typical HOA monitored housing is Stone Curves co-housing, located in Tucson. This neighborhood offers the privacy of detached homes, but creates a strong community through shared common facilities. The beauty of the Sonoran Desert is captured through the winding walking paths and is enjoyed by all in the outdoor gathering areas. A 3,850-square-foot Common House is at the heart of this community and offers so much more than a typical clubhouse. Energy efficiency, alternative and salvaged building materials, and rainwater harvesting are key highlights of the project. This sustainable community is built around people rather than cars. As a matter of fact, cars are not even allowed on neighborhood streets – they must be left just outside the entrance. Whether in the form of weekend BBQs, celebrating holidays, or just a Friday night, co-housing embraces a sense of togetherness that has long been lost by the typical suburban commuter living an on-the-go lifestyle.



INDIGO RIDGE

Green living is also available up north in Page, Arizona, amidst stunning views of Lake Powell. Indigo Ridge is a destination to call home for families, retirees and seasonal dwellers who are looking for a healthy and active lifestyle. Huntley LLC is working towards LEED certification with the implementation of energy-saving homes that support water conservation and protection of the environment. Along with being eco-friendly, these homes feature natural stone exteriors to keep them in line with the beautiful desert surrounding them. This development garners a true appreciation for all that Arizona has to offer.



GORDON ESTATES

This South Phoenix neighborhood is comprised of 14 affordable and green family homes. Gordon Estates is the blossoming flower of sustainability, as it emerged amidst the 2008 housing crash and recession. Each and every home in this subdivision was built with a six-panel solar energy system, top-of-the-line energy-efficient HVAC, spray-foam insulation, and a solar heated hot water system. Rather than making these homes “solar ready” like many builders, the City of Phoenix worked with the builder, Mandalay Homes, to assure that these homes would save homeowners money now and well into the future. Gordon Estates is a prime example of how sub-communities can be used to fill in vacant Valley lots for the better, rather than continuing to build cheaply and inefficiently outwards.



GALLERIES AT TURNEY

It could be said that this project, designed by Modus Development, gave green building the fashionable push it needed to jumpstart the movement in Arizona. Galleries at Turney, located near the Biltmore, became the first LEED certified homes in Arizona and are also nationally certified by the USGBC. These homes meet the LEED requirements of healthy living, water savings, energy efficiency, quality materials, and use of space along with modern amenities. The eight units were built on what were formerly two single-family home lots. The opposite of urban sprawl is met with sensible urban density without sacrificing lifestyle. [gl](#)

Green communities are the way of the future and well worth the investment, since they are built to last beyond the next perfunctory home trend. Residents can enjoy modern niceties while doing their part by simply living within their four walls – no sacrifice required.

Jennifer Rahn is currently pursuing an academic career in Sustainability to create a healthier lifestyle for her family and to inspire others to also be eco-conscious.

Read more housing articles at greenlivingaz.com/housing

BEACONS OF HOPE IN 2015

BY ANTON G. CAMAROTA, PHD

The news about the climate was gloomy in 2014. According to the Intergovernmental Panel on Climate Change, “Warming of the climate system is unequivocal, and since the 1950s, many of the observed changes are unprecedented over decades to millennia. The atmosphere and ocean have warmed, the amounts of snow and ice have diminished, and sea level has risen.” These changes are being driven by human greenhouse gas emissions from the burning of fossil fuels, and “from 2000 to 2010 emissions were the highest in history.”

The report goes on to sound a clear warning: “Continued emission of greenhouse gases will cause further warming and long-lasting changes in all components of the climate system, increasing the likelihood of severe, pervasive and irreversible impacts for people and ecosystems.” Despite such a warning, fossil fuel use continues to increase throughout the world. According to Clar Ni Chonghaile’s writing in *The Guardian*, meaningful changes in greenhouse gas emissions are not being achieved due to a “toxic triangle” of political inertia, financial short-termism and vested fossil fuel interests.

In the face of this juggernaut, people are beginning to realize the need for a low-carbon world. Our awareness is growing, and people are taking actions to go down a different path. Here are four examples of the positive changes being made.



U.S.-CHINA CLIMATE AGREEMENT

This agreement sets joint targets for reducing carbon dioxide emissions in both countries, and is the first time that China has made an international agreement limiting pollution. China has set goals of obtaining 20 percent of its energy from renewables and other non-polluting sources by 2020, and to start reducing its overall carbon emissions beginning in 2030. The U.S. has agreed to drop carbon emissions 26 to 28 percent by 2025 from 2005 levels without adding any new regulations.



RENEWABLE ENERGY CONTINUES TO GROW

According to WWF Scotland, in October 2014 “wind turbines in Scotland generated enough electricity to power three million homes – equivalent to 126 percent of the needs of every home in Scotland.” Solar energy generation continues to grow worldwide at 18 percent annually, and China’s total solar installations will be twice the size of the solar installations in the U.S. by the end of 2015.




SOCIAL RESPONSIBILITY DRIVES CONSUMER BEHAVIORS

According to technology company WeSpire, green teams, competitions, awards and bonuses are becoming widely used motivational tools for sustainable behaviors. A recent Nielsen survey of more than 30,000 consumers in 60 countries showed that more than two-thirds of customers are willing to pay more for sustainably produced items, and that they actually do – in 2014, brands that included a sustainability message showed a five percent increase in sales versus a one percent increase for conventional brands.



ORGANIC FOODS GO MAINSTREAM

Sales of organic foods were \$35 billion in 2013 and continued to grow in 2014. The retail giant Walmart has announced that it will be carrying more than 1,700 organic food items under the Wild Oats brand, and that these items will be priced either the same as or just a few cents more than conventionally grown items. Organic farms mitigate the effects of climate change by building soils that act as carbon sinks, and by eliminating the use of nitrogen fertilizers that are manufactured using fossil fuels.

As we strive to create meaningful strategies to address the complex issue of climate change, we can be encouraged by the hope that these beacons offer. 

Dr. Camarota is Executive Director of Tellari, an Arizona-based research and educational organization dedicated to helping business leaders build sustainable companies. anton@tellari.com tellari.com

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WASTE NOT DIVERTS FOOD FROM LANDFILLS

BY AMANDA HARVEY

According to a 2013 report from Feeding America, 49.1 million Americans (33.3 million adults and 15.8 million children) live in food insecure households. This number is not falling fast enough. In Arizona, the statistics for hunger are also bleak, with one in five children going to bed hungry each night. The majority of those who have an abundance of food may wonder what it feels like to be food insecure. As a nation, we're all throwing away perfectly good food into landfills every day. Arizona nonprofit Waste Not aims to save as much of that local perishable food as they can.

Waste Not is very unique – they're not a food bank, as they do not collect food and keep it in warehouses. Their five refrigerated trucks are on the road six days per week collecting an average of 6,000 pounds of excess perishable food daily from restaurants, resorts, caterers, grocers and various food purveyors. They deliver that food same-day to more than 100 agencies that feed thousands of hungry people, such as after-school programs, day care centers, rehabilitation centers, transition homes and senior facilities. What Executive Director Dee Mitten describes as a "behind-the-scenes operation," the food they save has not been removed from the kitchen, so it's not half-eaten or something someone at a restaurant has sent back; that food is protected under federal regulations and cannot be re-served. But the public would be amazed by how much unused, untouched prepared food or even raw ingredients get tossed out simply because it is not needed.

Mitten, who has been with Waste Not for 13 years, explains that the company started in 1987 in downtown Phoenix when a single woman observed the amount of food waste at local resorts. She borrowed a truck and began picking up this excess food and donating it to homeless shelters. The company was incorporated in 1990, and its mission remains: save good food from going to landfills, and feed thousands of hungry mouths at the same time.

"In 2014, we set a record and rescued more than 2.2 million pounds of food," says Mitten. "We've come a long way from a borrowed pick-up truck, but we still have a long way to go."

Waste Not recently worked with the Phoenix Open and the Super Bowl, and between these two events alone they collected nearly 100,000 pounds of excess food and donated it back to the community. "The need for our services is not diminishing; hunger is one of the most critical concerns in our community. We do our utmost to rescue as much food as we can and deliver to as many as we can," says Mitten. Waste Not currently has no definitive plans for expanding into areas outside the Valley. Unfortunately, they have a waiting list for recipients and not enough food to go around. "We're not in a position to add any more recipient agencies. We're constantly resourcing new food sources," she says.

"I'm always asking people to be conscious when they observe good food going to waste," says Mitten. "Ask the vendor or location, 'Have you heard about Waste Not? Did you know they collect excess food?' When one in five kids in our community goes to bed hungry each night, it behooves all of us to do something about that. Not wasting good food is a good place to start."

For more information, visit wastenotaz.org. Turn to Green Scenes on page 35 for details on the Chili's benefit for Waste Not.

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AVONDALE TO PLANT MORE TREES FOR LOWER TEMPS AND PRETTIER STREETS

BY JENNA HEITLINGER

When most people hear the phrase “sustainable desert landscaping,” they don’t necessarily think of lush, shade-giving trees. Avondale is working to reverse that misconception with a new tree planting initiative that will dramatically transform the natural landscape around the city’s streets and walkways by 2030. Dubbed the Street Tree Master Plan, the initiative’s goal is to beautify the city and provide much-needed shelter from the Valley’s blazing temperatures, but environmental enthusiasts note a bevy of benefits in addition to these.

For one, the trees will provide 25 percent more shade to the rights-of-way around the city. The City of Phoenix Cool Urban Spaces Project found that an area with 25 percent tree canopy cover is about 7.9 degrees Fahrenheit cooler than an area that is completely unshaded. Comparatively, areas shaded by roofs receive a decrease of about .5 degree Fahrenheit from an unshaded space. The trees will also shelter the city from other types of weather like wind and rain, while improving the air quality by nullifying noxious carbon emissions and releasing fresh oxygen into the streets.

Additionally, the plan’s creators hope that the trees will foster a greater sense of community amongst those who live and work in Avondale. Initially, the plan targeted the less-developed areas of south Avondale, but developers soon recognized the value in expanding the project to other regions, including north Avondale, the freeway corridor, Historic Avondale and the city center. City planners are working to unify these distinct neighborhoods with their landscaping initiative; they will ornament each neighborhood with trees that match its existing character, but they will also work to

maintain a broader theme of green, healthy living. To achieve this, plan creators analyzed the trees in and around Avondale and proposed a colorful palette of species that will integrate aesthetically and thematically. In the end, Avondale hopes to connect visitors and residents to the natural environment and encourage economic development with beautiful scenery.

Stephanie Long, who works with the development and engineering department for the City of Avondale, reports, “As Avondale continues to increase the shade coverage and beautify our streets, the Street Tree Master Plan will also support efforts in encouraging people to walk in their communities and walk further.”

Already, Avondale boasts 2,800 trees within its 44.9 square miles. Most of these trees are iconic and stunning Palo Verdes, which are indigenous to the state and were voted the State Tree of Arizona in 1954. Palo Verdes contain many of the qualities city landscapers are looking for in other species, including drought tolerance, vibrancy, low maintenance needs and high shade. These trees should “strengthen the interconnected framework of green infrastructure” in Avondale, Long said. With any luck, other Valley cities will follow Avondale’s lead in sustainable, cohesive, pedestrian-friendly landscaping. ■

For more information on the Avondale Street Tree Master Plan, visit avondale.org.

Jenna Heitlinger is a freelance writer with a degree in English Literature from Arizona State University. Currently, she blogs for a number of corporate clients and enjoys dreaming up new ways to live green on a budget.

Read more urban development articles at greenlivingaz.com/urban

GREEN IN THE NEWS

DESERT BOTANICAL GARDEN RECEIVES APS GRANT FOR NEW BUTTERFLY PAVILION

The APS Foundation presented the Desert Botanical Garden with a \$250,000 leadership grant to build a new butterfly exhibit to open in 2017. The new seasonal butterfly exhibit will expand STEM-based educational activities by including a caterpillar nursery and informative displays about the butterfly lifecycle, pollination, and how to create a butterfly friendly garden. The Desert Botanical Garden's current 11-year-old Marshall Butterfly Pavilion will close on Sunday, May 10, 2015. The new butterfly exhibit is in line with the Garden's Saguaro Initiative to renew exhibits and expand educational opportunities. dbg.org



Photo by Jessica Schultz

ARIZONA RECEIVES OVER \$1 MILLION FOR WILDLIFE AND HABITAT RESTORATION

The U.S Fish and Wildlife Service announced over \$45 million dollars in funding provided by the State Wildlife Grant (SWG) program. Of that, more than \$1.15 million will be directly donated to Arizona. The SWG program identifies endangered species in large areas and allocates money based on state boundaries. Hannibal Bolton, services assistant director for wildlife and sportfish restoration, says these grants not only help to prevent species from dying off, but also help create jobs. Proactively restoring habitat lands also prevents loss of taxpayer money when species become rare and are in need of extreme restoration and attention. fws.gov

GRAND OPENING FOR SCNM COMMUNITY COMMONS

The Southwest College of Naturopathic Medicine and Health Sciences has built a brand new community commons for its students, faculty and the general community. SCNM President Paul Mittman, along with Tempe Mayor Mark Mitchell and Tempe Chamber of Commerce President Mary Ann Miller, cut the ribbon during the grand opening on March 13 and led a group of influencers through the doors. Beyond these doors was a brand new 6,100-square-foot clinic capable of integrating a range of practices from chiropractic to acupuncture. Also included in the venue is an organic cafe, a teaching kitchen and a yoga studio. To top it all off, 80 percent of the parking garage roofs are outfitted with solar panels. This new building expansion validates the importance of healthy living and supports the students' decision to pursue naturopathic medicine. scnm.edu

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Cartel Coffee

225 W. University Dr., Tempe

The Board of Directors at the Phoenix Green Chamber hosts a "coffee with the board" event every third Thursday at Cartel Coffee in Tempe. This is a great opportunity to wake up more productively and network with like-minded professionals. This month's topic of conversation is how we can stretch the local water supply.

thegreenchamber.org

HUMAN-SCALE FOOSBALL EVENT

April 16, 5:00 p.m.-7:00 p.m.

Okland Construction

1700 N. McClintock Dr., Tempe

Liven up your business networking and join the U.S Green Building Council's "Human Scale Foosball" tournament in April. Competing teams can have up to six participants and be comprised of people from the same or different companies. The style is single elimination. Prizes will go to the winning team as well as other categories such as "best uniforms." Registration for this fun networking opportunity is \$100.00 for early birds and \$150.00 for late entries.

usgbcaz.org

SOCIAL MEDIA MARKETING SEMINAR

April 28, 6:00 p.m.-7:30 p.m.

Lovitt & Touché

1050 W. Washington St., Tempe

Join other local business professionals and learn five social media strategies to improve your business. This Local First event will be hosted by Mike Arce, CEO and founder of Loud Rumor, a Phoenix company that finds new ways for local businesses to generate website traffic and new leads. Tickets are \$10.00 at the door and \$8.00 prepaid.

localfirstaz.com

ASU SCHOOL OF SUSTAINABILITY SHOWCASE

April 30, all day at Wrigley Hall

Arizona State University, Tempe Campus

Faculty and students will be showcasing community-based projects at this open event, including poster sessions, video presentations, a "conversation to action" lunch series, and open class presentations. Get involved by connecting with the young academic minds in sustainability. Be inspired and take action!

schoolofsustainability.asu.edu



SOUTHWEST WILDLIFE CONSERVATION CENTER HOSTS DINNER WITH WOLVES BENEFIT

BY REVATHI BATOLA


With only 109 Mexican gray wolves remaining in the wild in Arizona and New Mexico, the endangered wolf population is a continued concern within animal conservation communities. Dinner with Wolves, a one-of-a-kind event primarily sponsored by consignment store chain My Sister's Closet, will help benefit Arizona's Mexican gray wolf population. This event will not only deliver a presentation on wolves but will also offer guests an opportunity to meet them.

The event, held on April 19 at the Southwest Wildlife Conservation Center in Scottsdale from 4 p.m. to 7 p.m., will introduce guests to the beautiful gray wolves, with the ultimate goal of showing the public how their support can save this animal within Arizona state boundaries. This initiative not only promises to bring awareness, but also a sense of responsibility towards wildlife population in the state.

"We've got the most endangered species in the world in our own backyard, and we have a responsibility towards these living creatures," says Ann Siner, founder and CEO of My Sister's Closet, Title Sponsor of the event. "The event will give people the opportunity to see Mexican wolves up close and really understand what beautiful animals they are." Dinner with Wolves raised more than \$22,000 in its first year in 2014. This year, organizers hope to double that and continue to bring awareness so people understand how close this animal is to extinction.

"Once people realize the beauty of these animals and how much they matter to the ecosystem, they want to do

more to save the species," says Kim Carr, senior keeper at Southwest Wildlife Conservation Center. "Wolves are the most misunderstood animals, but we help people understand the family dynamics of these beautiful animals and packs, and also how intelligent they are." Carr explains that wolves are the top predators and a danger to them will completely reorganize the entire ecosystem. With a goal to rehabilitate and raise native endangered animals until they are old enough to go back into the wild, Southwest Wildlife continues its mission to care for wild animals in need and educate the community about wildlife.

The Dinner with Wolves event will allow guests to take guided tours of the center and to see the resident gray wolves in their sanctuary. Participants will also be able to see other animal residents, including bears, leopards and mountain lions. They will also learn how their support can save the unique Mexican gray wolf. The public can purchase a limited number of tickets for the event for \$250.00 per person, with proceeds benefiting the Southwest Wildlife Conservation Center and Defenders of Wildlife. Corporate sponsorship opportunities are also available. 

For more information, visit dinnerwithwolves.com.

Revathi Batola is an exchange student from India on a scholarship program sponsored by the U.S. State Department. She is currently studying journalism and is based in Scottsdale.

For more articles about wildlife visit greenlivingaz.com/wildlife

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TEEN CONSERVATION LEADERSHIP CORPS DELIVERS HANDS-ON LEARNING

BY JIM MILLER

Long-time Arizona residents know that appreciation for the Sonoran Desert is an acquired taste for some newcomers, simply because the wonders of this lush but arid land don't reveal themselves quite so quickly to neophytes. Nurturing that appreciation remains one of the primary missions of the Arizona-Sonora Desert Museum and aligns precisely with another primary goal: the conservation of this unique environment. While the staff and volunteers of the museum devote themselves to these two quests, some of the most enthusiastic emissaries are also the youngest – the Teen Conservation Leadership Corps.

The newly established Teen Conservation Leadership Corps consists of two programs: Earth Ambassadors and Junior Docents. The new Earth Ambassadors program offers selected student teens (13 to 17 years) the opportunity to learn about ecology, conservation and the Sonoran Desert over a year-long period with twice-monthly meetings led by experts in related fields. The Ambassador experience involves hands-on training with field trips, hiking, and at least four overnight camping trips, all within the Sonoran Desert region. Ambassador participants enjoy an experience tailored to provide in-depth environmental learning in an outdoor setting, with additional emphasis on responsibility and leadership skills.

Graduates of the Earth Ambassadors program also become eligible to join Junior Docents. Established in 1995, the Junior Docent program not only provides additional training in ecology, geology, plants and animals, but also allows these grads to put their learning to use, teaching the public about the Sonoran Desert. Junior Docents will spend specific days on the museum grounds, studying kits on plants, animals, geology or oceanography. More experienced JDs can study live animals, such as arthropods, snakes, mammals and amphibians. Additional duties can include helping museum

staff with research projects and data collection, presenting off-site interpretations at special events for the general public, or even designing their own experiments for further study.

The responses from the most important beneficiaries of these two programs – the students themselves – have been overwhelmingly positive. “The gorgeous places we worked in make me want to make a change,” said one, while another simply described it as “the best experience of my life.” When first-time attendees at the program’s Earth Camp were asked to describe their experience, the four most-used words were amazing, life-changing, exciting and fun. Parents were equally enthusiastic. As one mother noted, “My daughter was exposed to several fields of science not previously available to her. She got additional experience working with peers on science projects and on sharing responsibilities.”

Those responsibilities, the learning opportunities, and the first-hand experiences provided by the Teen Conservation Leadership Corps give graduates a unique perspective on this treasured part of our planet. In addition, interacting with adults at the museum, both in public and behind the scenes, allows these teens to share that experience while gaining the confidence and poise necessary to interact with others. These are benefits that will last a lifetime, right along with the appreciation for the Sonoran Desert itself. ■

For more information, go to desertmuseum.org/teens. Applications for Junior Docents are due by April 15 and applications for Earth Ambassadors are due by May 1.

Jim Miller has been a professional writer for more than 40 years and has been published in dozens of magazines in both the U.S. and Europe. He has been a docent at the Arizona-Sonora Desert Museum since 2005.

Read more green kids articles at greenlivingaz.com/greenkids



GARBANZO MEDITERRANEAN GRILL'S TABBOULEH

Garbanzo Mediterranean Grill is a healthy, fast casual restaurant with locations near Paradise Valley Mall and in Desert Ridge Shopping Center. They offer fresh Mediterranean food prepared on-site.

INGREDIENTS

1 cup bulgur wheat or cooked quinoa	1 cucumber, skin on
Juice from two lemons	2 cups finely minced parsley
3/4 cup water	8 oz crumbled feta (optional)
2 Roma tomatoes	Olive oil for drizzling
1/2 of a red onion	Salt and pepper to taste

DIRECTIONS

1. Combine the bulgur wheat or cooked quinoa, lemon juice and water and let sit for a minimum of one hour in the fridge or up to eight hours.
2. Dice the tomatoes, red onion and cucumber.
3. Mince the parsley as fine as you can get it.
4. Mix all ingredients in a big bowl while drizzling with premium olive oil and seasoning with salt and pepper.
5. Add 8 oz crumbled feta if you like and fold in gently.
6. Serve with lemon wedges or mix with greens for an easy salad.

Serves eight.

CHEF MARCELLINO VERZINO'S LEMON AND FRESH MINT DRESSING

Chef Marcellino Verzino of Marcellino Ristorante in Old Town Scottsdale created an olive oil, fresh garden mint and lemon dressing to be used on fresh salads and even layering over baked or sautéed fish or chicken. Chef Marcellino offers this delightful mix over his Ahi tuna Carpaccio which blankets peppery organic arugula.

INGREDIENTS

1 cup extra virgin olive oil	10-12 fresh mint leaves, finely chopped
1/4 cup fresh squeezed lemon juice	Salt and pepper to taste
1/4 tsp yellow mustard	

DIRECTIONS

1. Whisk together all ingredients in a bowl for one minute.
2. Pour in a glass cruet and shake well before using.



Find more delicious recipes at greenlivingaz.com/recipes

EARTH DAY EVENTS

CENTRAL ARIZONA

6TH ANNUAL PARTY FOR THE PLANET

April 18, 7:00 a.m.-10:00 a.m.

Antigua Clothing Outlet

16651 N. 84th Ave., Peoria

The cities of Glendale and Peoria team up in this beautification event to pick up trash and debris along the New River and Skunk Creek trail systems. This year's focus will be north and south of Bell Road. Register to volunteer.

peoriaaz.gov

EARTH DAY AT THE PHOENIX ZOO

April 18, 9:00 a.m.-4:00 p.m.

455 N. Galvin Pkwy., Phoenix

Join in on the Earth Day action at The Phoenix Zoo for the country's largest combined Earth



Day celebration along with 100 other zoos and aquariums in North America. Fun for all ages, there will be live music, arts and crafts, activities to inform and promote the protection of the environment, animal encounters, water play areas and interactive experiences. phoenixzoo.org

EARTH WEEK: GREEN FEST AT ESTRELLA MOUNTAIN COMMUNITY COLLEGE

April 20-24, times vary

Estrella Mountain Community College

3000 N. Dysart Rd., Avondale

This year's theme is "Practical Sustainability," and the weeklong event has something for everyone who wants to implement sustainability into their day-to-day lives. Join the EMCC Sustainability Team for eco-pots, a scavenger hunt, Green-Fest and "Vegan Wars" – a vegan bake-off!

estrellamountain.edu/sustainability/earthweek

CLEAN AIR CAB

April 22, all day

Serving the Greater Phoenix area

In participation of Earth Day, Clean Air Cab will donate one tree for every ride taken – as if you needed a better reason to use the Valley's greenest local and family-owned taxi company. They have partnered with Trees for the Future to plant trees in rural communities throughout developing nations in order to restore their environment and gear their paths towards a more sustainable future. cleanaircab.com

BIKE2WORK DAY AND EXPO

April 22, 6:00 a.m.-8:00 a.m.

Mesa City Plaza

20 E. Main St., Mesa

Ride your bicycle to work or school and stop by for a fundraiser breakfast benefiting a local charity hosted by the City of Mesa. Mesa supports Valley Bike Month to encourage personal health and reduce air pollution while enjoying the best temperatures of the year. visitmesa.com

"A" MOUNTAIN RESTORATION

April 22, 9 a.m.-11:30 a.m.

"A" Mountain, Tempe

Join other Sun Devil supporters in celebrating Earth Day 2015 by volunteering to help restore the walking and hiking trails on "A" Mountain. Volunteers will meet on the east side of Hayden Flour Mill on Rio Salado Pkwy and Mill Ave. Coffee and muffins will be served before the hike and a light lunch will follow. Be sure to wear appropriate clothing, a hat, sunblock, closed-toed shoes and bring your reusable water bottle.

sustainability.asu.edu



ARBOR DAY

April 24, 4:30 p.m.

Kiwanis Park

5500 S. Mill Ave., Tempe

Tempe is proud to present the 6th Annual Arbor Day event to benefit the Trees for Tempe program. There will be a one mile Kids Dash and a 5k run/walk along the beautiful 125-acre Kiwanis Park. Registration is \$20.00 through April 23 and \$25.00 on the day of the event. The Kids Dash is free. arborday5k.com

EARTH DAY PHOENIX

April 25, 11:00 a.m.-4:00 p.m.

Phoenix Renews

4221 N. Central Ave., Phoenix

The Earth Day Phoenix event includes a main stage with music, educational booths with exhibits such as composting classes, and a beer garden sponsored by locally owned Sun Up Brewing. There will be no parking on site, so be sure to take the light rail or bike to the event. earthdayphoenix.org

NORTHERN ARIZONA



FLAGSTAFF EARTH DAY

April 18, 11:30 a.m.-4:00 p.m.

Heritage Square

111 W. Birch Ave., Flagstaff

Beginning with a community-sponsored cleanup, Flagstaff encourages residents and visitors alike to properly dispose of garbage and keep the city beautiful each and every day. This Earth Day celebration will also feature a full musical lineup and an Upcycled Fashion Extravaganza show. There will be an area for electronic recycling drop-offs as well.

flagstaff.az.gov

EARTH DAY AT THE COURTHOUSE PLAZA

April 18, 10:00 a.m.-4:00 p.m.

Prescott Downtown Courthouse Plaza

120 S. Cortez St., Prescott

Celebrate Earth Day in beautiful Prescott and learn about energy saving tips, fire safety, solar, water usage, and check out wildlife exhibits, natural local art, handmade jewelry, organic food samples, face painting, dance groups and live entertainment. This free event is fun for the whole family!

prescottdowntown.com

EARTH DAY AT THE WETLANDS

April 22, 8:30 a.m.-10:30 a.m.

Sedona Wetlands Preserve

7500 W. State Route

89A, Sedona

If you weren't aware that wetlands existed in the desert, then this free Earth Day event is a perfect opportunity to spend a few hours in nature. The Sedona Parks and Recreation Department is offering two guided hikes, a solar telescope viewing, guest speakers and snacks. sedonaaz.gov



SEDONA SALUTATIONS

FREE YOGA SERIES

April 18 - May 30, 2016 ~ Saturdays 8:30-10am

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Astara Robinson, Marc & Heather Titus

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SEDONA YOGA FESTIVAL

Photo: Robert Sturman, Asana Artist: Jenna Jensen

SOUTHERN ARIZONA



EARTHFEST

April 18, 8:00 a.m.

299 McKeown Ave., Patagonia

Patagonia will host the 6th Annual EARTHfest. This year's event theme is trees and will include many workshops to raise awareness and educate the community on ways to use resources sustainably. There will be plenty of music, art, food and fun at this free all-day event. patagoniaaz.com



TUCSON EARTH DAY

April 18, 9:00 a.m.-2:00 p.m.

Reid Park

900 S. Randolph Way, Tucson

Tucson Earth Day celebrates 21 years of environmental awareness! This free, bicycle friendly event kicks off with an "eco-minded" themed parade followed by an alternative fuel vehicle show, rescue animal adoptions, and hands-on activities presented by a variety of eco-minded exhibitors. tucsonearthday.org

View all our events at greenlivingaz.com/events



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Diabetic • Gluten Free • Raw Foods • Organic Baby Food • Gerd Safe Foods

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Check Us Out at www.Plant2Plateaz.com

[www.facebook/plant2plateaz.com](https://www.facebook.com/plant2plateaz.com)

602.301.7776 - Chef/Owner Jami Lyn



Plant to Plate

GREEN SCENES

CENTRAL ARIZONA

YOGA UNDER THE STARS

April 1, 8, 15, 22, 29
6:00 p.m.

Montelucia Scottsdale

4949 E. Lincoln Dr., Scottsdale

Join other yoga enthusiasts poolside at the Omni Scottsdale Resort & Spa at Montelucia every Wednesday night in April for a free yoga session. There will be a new instructor for each session to ensure variety. Each week attendees will receive giveaways from local merchants and can also enter to win a Joya Spa day raffle prize package. Don't miss the special Earth Day Celebration session on April 22.

omnihotels.com/montelucia

DINE AT CHILI'S TO BENEFIT WASTE NOT AZ

April 9-19

Various locations

From April 9-19, when you dine at any Valley Chili's location, a portion of the bill will go to Waste Not, an Arizona nonprofit company that saves excess perishable food from caterers, restaurants, grocers and resorts and delivers it to more than 100 agencies in Arizona that feed the hungry. Guests will also be able to make a separate monetary donation to Waste Not at the restaurant. Last year \$26,000 was raised, and the goal for this year is \$30,000.

wastenotaz.org

SPRING BUTTERFLY EXHIBIT

Now through May 10

9:30 a.m.-5:00 p.m.

Desert Botanical Garden

1201 N. Galvin Pkwy., Phoenix

Come walk through the beautiful Marshall Butterfly Pavilion and enjoy the great outdoors with hundreds of colorful butterflies fluttering around you. Admission is \$3.50 with a paid Garden admission and free for members and children three and under. dbg.org

GREAT ARIZONA PICNIC

AT SCOTTSDALE CULINARY FESTIVAL

April 11-12, 12:00 p.m.

Scottsdale Center for the Performing Arts

7380 E. 2nd St., Scottsdale

This event grows tremendously every year as thousands come out to sample local chef-inspired treats, learn from cooking demonstrations, and enjoy live music along the 25 acres of gardens and fountains of the Civic Center Mall. The Scottsdale Culinary festival is a family friendly event with dedicated play areas for children. Online tickets are \$8.00, seniors and children under 12 are free. scottsdalefest.org

SEED LIBRARY

April 11, 12:00 p.m.-3:00 p.m.

Glendale Main Library

5959 W. Brown St., Glendale

The Glendale Public library hosts The Valley Permaculture Alliance (VPA) as they bring public awareness to local biodiversity by sharing open pollinated heirloom seeds. Three free packets of seeds are available to each guest who would like to bring locally adapted seeds home to their own garden. Your harvested seeds can be returned to the VPA to continue on the tradition of local seed sharing.

glendaleaz.com/library

15TH ANNUAL COMPUTER RECYCLE DAY

April 18, 8:00 a.m.-12:00 p.m.

Various Maricopa county locations

Arizona Students Recycling Used Technology is hosting its 15th Annual Computer Recycle Day at several locations across the Valley. Help students and nonprofits in Arizona and donate your old computers, tablets, phones and laptops. For a list of drop-off locations, visit the website. azstrut.org

CHIPOTLE CULTIVATE FESTIVAL

April 18, 11:00 a.m.-7:00 p.m.

Westworld

16601 N. Pima Rd., Scottsdale

The Chipotle Cultivate Festival is a traveling exhibit that is spreading the message of better food that enables a healthier environment. Come out to enjoy a full day of activities, local brews, sustainable wines, regional food sampling, new Chipotle recipes, celebrity chef demonstrations and live music at this free event! chipotlecultivate.com

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NORTHERN ARIZONA

ANNUAL ARCOSANTI ART SHOW

Now through May 3, 9:00 a.m.-5:00 p.m.

Arcosanti

13555 S. Cross L Rd., Mayer

The residents of this resourceful community will be showcasing their diverse artistic talents throughout the month of April. Tour the grounds while viewing various paintings, photography, sculpture and more. Artwork and jewelry will also be available for purchase in the gallery. arcosanti.org

FUTURE OF THE COLORADO PLATEAU FORUM

April 9, 6:00 p.m.-8:00 p.m.

Museum of Northern Arizona

3101 N. Fort Valley Rd., Flagstaff

The topic of discussion for this forum is the impact of recreational activities on the Colorado Plateau as the population grows. This public discussion will focus on land management, ecosystem health, and the long-term economic benefits of healthy environmental recreation along trails and rivers. This is a free event, but seating is limited so reservations are encouraged. musnaz.org



BREAKFAST WITH THE TIGER

April 18, 9:00 a.m.-10:30 a.m.

Heritage Park Zoological Sanctuary

1403 Heritage Park Rd., Prescott

Come have breakfast with "Cassie" the tiger! A continental breakfast will be served along with artifact viewing and crafts while the tiger is also fed breakfast. The cost is \$20.00 per non-member adult and \$7.00 for non-member children. Call for more information and reservations.

heritageparkzoo.org

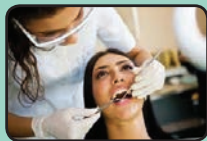


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BIRDING AND NATURE FESTIVAL

April 23-26, 10:00 a.m.-2:00 p.m.

Dead Horse Ranch State Park

675 Dead Horse Ranch Rd., Cottonwood

This celebration teaches the importance of preserving natural habitats for the generations to come with nature walks and bird watching experiences. Come visit beautiful Cottonwood, located in the birding hot spot of the Verde Valley. Visit the website for the full schedule and fees. birdyverde.org

SOUTHERN ARIZONA**EASTER CELEBRATION**

April 5, 9:00 a.m.

Avalon Gardens

2074 Pendleton Dr., Tumacacori

The largest EcoVillage in the United States will be showcasing 17 years of organic farming and sustainable living with this Easter celebration. The day begins with pony and hay rides out to an Easter egg hunt for the kids, followed by healthy refreshments and live entertainment. Wind the day down with a tour of Avalon Gardens' 220 acres of lush organic farmland and pasture-raised animals. There is a suggested donation of \$10.00 for adults and \$3.00 for children 11 and under.

avalongardens.org

SOUTHEAST ARIZONA WINE GROWERS FESTIVAL

April 18-19

11:00 a.m.-5:00 p.m.

Kief-Joshua

Vineyards

370 Elgin Rd., Elgin

Come visit Kief-Joshua Vineyards, Arizona's only vineyard

recognized as an American Viticultural Area (AVA). There will be opportunities to taste new wine releases and meet their makers. Various food vendors and live music will also be onsite to enjoy. kj-vineyards.com



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CYCLOVIA TUCSON

April 19, 10:00 a.m.-3:00 p.m.

The Cyclovia event brings all backgrounds of the Tucson community together for a socially transforming day. Whether residents choose to walk, jog, skate or cycle through Tucson, they can do so without the worries of traffic as there will be a blocked-off five-mile loop from downtown to South Tucson. Get out and take in the city from a whole new perspective – from outside the car! cycloviatucson.org

RAINWATER HARVESTING COMMUNITY WORKSHOP

April 25, 8:00 a.m.-12:00 p.m.

Western Institute for Leadership Development

1300 S. Belvedere Ave., Tucson

Tucson Audubon and the Western Institute for Leadership Development (WILD) high school have teamed together to teach the skills needed to restore Tucson's urban ecology. This rainwater harvesting workshop will feature planning, designing and installation of this natural water source. This event is open to the community at no cost. Contact Andy Bennett at abennett@tucsonaudubon.org to RSVP or more information. tucsonaudubon.org

View all our events at greenlivingaz.com/events

Ironwood Gallery

WHERE ART AND THE SONORAN DESERT COLLIDE!

BIRDS IN ART

APRIL 11 - MAY 24

International Traveling Exhibition from the Leigh Yawkey Woodson Art Museum

Nicholas Wilson — Past, Present, & Future, 2014

ARIZONA-SONORA DESERT MUSEUM

IRONWOOD GALLERY

OPEN DAILY >> 10:00am – 4:00pm

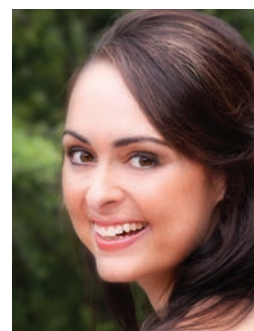
2021 N. Kinney Road, Tucson, AZ 85743

520-883-3024 // desertmuseum.org/arts

HE'S GREEN

SHE'S GREEN

Product reviews by our eco-conscious couple John and Jennifer Burkhart



As a tribute to Earth Day this month, we thought we'd explore a diet change that can make a giant impact on our planet: eating less meat and dairy. Though it may not be easy to commit to a vegan lifestyle, small steps can still make a difference. Try swapping your regular meal for one of these animal-friendly options. Happy Earth Day!

EL BURRITO | ORGANIC SOYRIZO – MEATLESS SOY CHORIZO



HE SAID: Like many fake meat products, this Soyriso lacks in texture – it's more like cream of wheat than cream of meat. However, the spices were just right, and it had an excellent cumin and hot pepper flavor. There's probably a good chance that this can be cooked to a better texture.

He gave it:

SHE SAID: A reminder: a little goes a long way. The spices were spot on and won't send you running for the nearest gallon of milk. I'd recommend attempting to really brown this in the pan, which is tricky. Otherwise, the unpleasant mushiness will be, well, unpleasant. Even so, mixed with eggs or tofu, this was a tasty breakfast addition.

She gave it:

AMY'S | TOFU SCRAMBLE



HE SAID: Microwaving tofu is never a good idea. This tofu scramble tasted just fine and the hash browns were decent, but the tofu could have been made with balloon latex for all I know. But don't worry, because Amy's has an easy way to avoid the rubbery tofu. Just crank your oven up to 400 degrees and blast this little T.V. dinner for an hour.

He gave it:

SHE SAID: Though I wouldn't run out and buy this, I would eat this in a pinch. It was very filling. The hash browns were flavorful, but not crispy. The tofu had great flavor, especially with the veggies, but it felt like I was chewing on erasers. Maybe microwaving wasn't the best choice, but who has 50 minutes to bake a tiny dish?

She gave it:

GARDEIN | MANDARIN CRISPY CHICK'N



HE SAID: I'm always amazed when an imitation meat product gets it right. This Gardien Orange Chick'n was a Goldilocks for sure. Not too soft, not too rubbery... just right. The sauce had a great flavor too, sweet and tangy with a little spicy kick. This one I will buy again.

He gave it:

SHE SAID: So if this was served to me as actual chicken, I probably wouldn't have noticed. They crisped up perfectly in the pan in only eight minutes. I wasn't too crazy about the tangy citrus sauce – it reminded me a little of ketchup. But these chick'n nuggets were tasty even without the sauce, so I see many possibilities!

She gave it:

EVOL | VEGGIE FAJITA BURRITO



HE SAID: Milktoast: (Adjective) extremely mild; ineffectual; namby-pamby; and the best word for describing the flavor of this burrito. It was the blandest and most boring thing I have ever eaten. The guacamole was good, but I literally had to cover the burrito in it to make it edible. If you have taste buds and want to use them, pick a different burrito.

He gave it:

SHE SAID: I'd probably give this one another try frying it like a chimichanga, because it has potential. The microwave didn't do it justice. The filling was dry, and the tortilla hardened when it cooled. The overall flavor was mild but tasty, and thank goodness for the little guacamole packet. It was the saving grace of this burrito!

She gave it:

FIELD ROAST | HAND-FORMED BURGER



HE SAID: Comparing this to a burger is tough to do. It's kind of like comparing an apple to an orange: they're both very good, but also very different. This Field Roast patty had a very meaty consistency and had a yeast/mushroom flavor, which sounds terrible but was actually pretty tasty. If the world ran out of meat, I would have no problem switching to these.

He gave it:

SHE SAID: Eaten plain, you might think you mistakenly picked up a nearby kitchen sponge. I don't recommend it. However, slap it on a multi-grain bun with ketchup, avocado and all the fix'ns, and you'll get a tasty imitation beef burger. You can taste the barley and mushrooms, but also a slight smoky-grill flavor. It all blends really well as a burger.

She gave it:

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Arizona-Sonora Desert Museum	37
Aunt Abby's Confections	29
AZ2DO	36
Bauman's Xtreme Training	10
Bed Doctors	18
Chandler, City of	2
Copenhagen Imports	17
The Cutting Board	39
Desert's Edge RV Park	15
Direct Mindpower	39
Fair Trade Café	37
FoodInRoot	3
Giant Scottsdale	16
HomeSmart Real Estate	18
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Keep Arizona Beautiful	15
Living Earth Ecological Institute	2
Me the Artist	39
Orme, City of	29
Planet Hugger	29
Plant to Plate	34
Pure Joy Academy	10
Southwest College of Naturopathic Medicine	13
Sedona Yoga Festival	33
Seshi Organic Salon	11
Sonoran Smile Orthodontics	12
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Tower Garden	29
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